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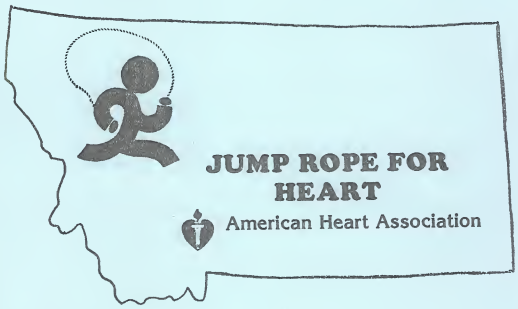
MAHPERD

Winter 1984



March 1-7, 1984, National Physical Education and Sports Week

MAHPERD President: Glenn Iverson, EMC
Newsletter Editor: Spencer Sartorius, OPI

JOURNAL

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Montana Association for Health, Physical Education, Recreation and Dance
EXECUTIVE BOARD, 1983-84

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Chairperson Physical Education	Robert Docktor	Helena High School 1300 Billings Ave. Helena 59604 (442-8090, ext. 38)

FROM THE STATE SUPERVISOR -

Well, here we are at the halfway point of the school year. I hope it's gone as fast and smooth for you as it has for me. I've been busy visiting schools and have been in 70 so far this year from Ekalaka and Wibaux in the East to Malta and Hinsdale on the Highline to Thompson Falls and St. Ignatius in the West. The pace has been hectic and to tell you the truth, I'm ready to settle down and do some work here in Helena for a while. But, that doesn't mean things will come to a standstill. I'm planning some workshops for the winter and spring and you'll be receiving that information either in this newsletter or other bulletins later.

Probably the highlight of the fall was this year's MAHPERD Convention at Montana State University in Bozeman. Congratulations to Past President Herb Agocs, his Executive Board, and the staff and students of Montana State University for their hospitality, preparation and super organization. Also, special thanks to Herb for arranging for good weather! This will really "put the pressure on" President Glenn Iverson and his Board to duplicate this year's effort. Also, one last thank you to Barb Agocs for putting up with Herb in the first place (and especially this year) and for hosting the Executive Board and guests in her home for dinner and social.

For those of you who did not get to this year's state convention, I would like to mention some of the people who were honored during the convention. One highlight of the proceedings was the official dedication of the Marga Hosaeus Physical Education Complex. Marga came to Montana State University in 1940 where she taught physical education, served as coordinator of the women's physical education program, and served in many capacities in MAHPERD. The weather was beautiful for the dedication ceremony and many former students and close friends of Marga heard MSU President Tietz, MAHPERD President Agocs, and Dr. Ellen Kreighbaum, MSU HPER Acting Department Head, praise Marga's accomplishments over the years.

This year's MAHPERD Honor Award went to David Oberly, Coordinator of Physical Education for the Billings School District. The MAHPERD Honor Award is given to those people in the profession who, over the years, have given outstanding service and dedication to the profession. Dave served as the first "modern time" physical education state supervisor, then went to Billings in 1977 where he has continually worked to upgrade programs in health and physical education. He has also been a tireless worker in the state and regional associations and has served on statewide task forces and committees dealing with education. Congratulations, Dave!

Also honored was Bob Docktor as last year's recipient of the Montana Secondary Physical Education Teacher of the Year Award. Bob has gained recognition for his innovative programs at Helena High School, the adoption of the Project Adventure Program, his service to MAHPERD and his participation in Mission Possible and other committees on projects in physical education. Bob has developed the Helena High Project Adventure course into a regional training center and will begin offering workshops to other teachers this summer. Bob was also named Northwest District Secondary Physical Education Teacher of the Year and represented Montana and the Northwest District at last year's AAHPERD Convention. Congratulations and thanks, Bob!

- SPENCER SARTORIUS

A HAPPY NEW YEAR FROM THE PRESIDENT!

I first want to thank Herb Agocs and outgoing board members for their excellent leadership this past year. The Bozeman convention was superb! Chuck Corbin's provocative thoughts about grading and physical fitness set a lot of minds to work. We set a record for attendance at the convention and our membership is now at 300 plus and growing.

I want to share with you some of my good fortune from the year 1983. The most significant event in 1983 was the State Presidential Elect Conference in Washington, D.C. Joel Meier has the honor in 1984 but I would encourage all of you to get involved in MAHPERD because that one experience is worth all the professional time you have invested. Let me highlight some of the most significant events. We stayed and held almost all convention activities at the Hotel Washington which is across the street from the White House, and right on Pennsylvania Avenue within easy walking distance of the Smithsonian, Washington Monument, and Lincoln Memorial. Washington, D.C., from the visual perspective of the Hotel Washington, is like seeing history in the making. The president elects from each state were active, dynamic people and talked long into the night, sharing the successful activities in their states.

Leadership on the national level was impressive. We really have a number of dedicated leaders and Jack Razor, our Executive Director, is an outstanding asset in our profession.

CONVENTION HIGHLIGHTS:

A member of the Blue Ribbon Commission presented a synopsis of "The Nation at Risk" report. Health and physical education are left out of the report on curricular recommendations. We really have our work cut out to keep our status in the public schools. For more Montana information on how you can help or where you can get help, call or write Mission Possible, Spencer Sartious, Cissy Fitcher (Stevensville Public School), or Bob Dockter (Helena Public Schools). Suggested reading is The Paideia Proposal by Mortimer Adler, published by McMillan Publishing Co. in New York in 1982.

Health and wellness is big business. Campbell's Soup is starting a Fitness O'Gram which is going to be computer accessible to any school in the country. For more information, write Turn Around Leader Kits, Campbell's Soup Co., Campbell Place, Camden, NJ 08101. See also the upcoming Reader's Digest insert on fitness.

We will soon have in operation a national fitness center and it will be a cooperative effort of private business, the President's Council on Physical Fitness and the American Alliance. It will be an asset to all professionals interested in health and fitness.

I was pleased to have AAHPERD recognize and award Senator Mark Hatfield of Oregon for his outstanding support of education. We are needing this at the state level.

Now to 1984, the year of "Big Brother." I hope each of us can be a big brother or sister to someone. With this in mind I would like to propose three things. First, a membership campaign designed for each of us to bring one new member into our state association and one new member into the national association. The rewards are a more dynamic state association and the opportunity to stay abreast of recent events by receiving periodicals from the national office. Second, send for the educational materials available from the Montana Heart Association. They have outstanding curricular materials for grades 10-12 and special materials for some grades. We have an excellent working relationship with the heart association and we can serve our students better if we utilize these materials. Third, if you would like a special workshop in your school or would like to help put on a special workshop as a PIR day or spring rejuvenation day on anything related to health, physical education, recreation or dance, just call and we will help arrange it. Subject areas might be on computers and physical education, bicycle safety, ropes adventure courses, or any other basic subject. You may also want to start a "Jump Rope for Heart" in your school or community. Jump rope has revitalized entire schools and carries special rewards for participants.

Plans are under way for the state convention and it looks like Billings in 1984. Hopefully, our convention will be in coordination with the Montana dance people. We will also have a major basketball workshop scheduled for the same weekend. Convention chairman will be Bob Williamson. We would like to hear from you if you have any special requests.

I have just one reminder. The Great Montana Snow Flakeout is set for February 25-26 at Bridger Bowl. Herb really did a good job last year and I recommend going to the Snow Flakeout. His chili is out of this world and that in itself is worth the trip.

Have a happy and healthy 1984!

GLENN IVERSON, President of MAHPERD

MONTANA SECONDARY PHYSICAL EDUCATION TEACHER OF THE YEAR

Eileen Solberg, Teacher at Great Falls High School, has been named by the Montana Association for Health, Physical Education, Recreation and Dance as the Montana Secondary Physical Education Teacher of the Year for 1983-84. Eileen has been instrumental in starting new and innovative programs at Great Falls High School including Physical Management. She received a Title IV Grant to develop the program which is a method of helping overweight students modify their lifestyle to become closer to their ideal weight. She has also appeared on numerous television programs discussing physical fitness and demonstrating aerobic exercises.

During the past year, Eileen has developed a new program of physical fitness for business and industry. She will set up and provide fitness programs for any size business. The idea is that it's just good business to have healthy employees. In addition to all of this, she has done numerous workshops for teachers across the state, been included in committees, task forces and panels dealing with physical education and health and been active in MAHPERD.

She is currently spending her summers working on her doctoral degree and giving workshops for teachers and the public on a healthy lifestyle. Eileen now moves on to compete at the Northwest District level which will eventually end with a National Secondary Physical Education Teacher of the Year being named in March at the AAHPERD National Convention in Anaheim, California.

UPDATE ON PHYSICAL MANAGEMENT PROGRAM

Over a year ago, the Physical Management Program at Great Falls High School, under Project Director Eileen Solberg, received state validation as a "Montana Demonstration Project." This means the program does meet the goals and objectives for which it was developed and is worthy of being reproduced in other schools. The Office of Public Instruction and Eileen have conducted workshops across the state to "spread the word" regarding the program.

At this year's MAHPERD Convention, the Executive Board voted to support Eileen's attempt at having the program become nationally validated. This means that Eileen (and a statistician) will have to go back to Washington, D.C. and appear before a panel of the National Diffusion Network. If they decide that the program is worthy of national validation, there may be funding to provide workshops at the national level.

It would be a feather in all of our caps to have a nationally validated physical education program in Montana. We wish Eileen the best of luck. She is aiming at going back as soon as possible in January or February.

NEWS FLASH

TEACHER WINS REGIONAL HONOR.....Independent Record, Helena (AP).....Eileen Solberg of Great Falls High School has been named Pacific Northwest Physical Education Teacher of the Year, state school Superintendent Ed Argenbright said Thursday. Solberg, Montana's Physical Education Teacher of the Year, competed for the regional honor against other teachers from Idaho, Alaska, Oregon and Washington. She now progresses to national competition. She has become widely known for innovative programs designed to meet the needs of overweight students, Argenbright said.

STRIVING FOR EXCELLENCE IN HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE
by EMILEE DEKAM

A SPECIAL RECOGNITION AWARD has been given to five educators in a new program started this year by Montana PEPI in MAHPERD. This program is attempting to identify and recognize outstanding educators and programs across Montana. Award winners receiving recognition at the 1983 MAHPERD State Convention held in Bozeman were:

"*JIM GOMENDI - ELEMENTARY PHYSICAL EDUCATOR*"
Teaching at the Beartooth Elementary School in Billings
"*KATHLEEN HABERSTROH - ELEMENTARY PHYSICAL EDUCATOR*"
Teaching at the Sunnyside School in Havre
"*ROGER DIBRITO - ELEMENTARY PHYSICAL EDUCATOR*"
Teaching at the Dickinson School in Missoula
"*JOHN LEWIS - MONTANA HEART ASSOCIATION*"
Outstanding Professional Dedication in the Area of Cardiovascular Health Education
"*JUDY GRIFFITH - SHODAIR ADOLESCENT CHEMICAL DEPENDENCY TREATMENT CENTER*"
Work in Training, Treatment, Education and Prevention Programs Across Montana

CONGRATULATIONS to each of the award winners in their efforts in STRIVING FOR EXCELLENCE!!

PROFILE IN EXCELLENCE - Let's look at one award winner.....KATHLEEN HABERSTROH is an elementary physical educator at the Sunnyside School in Havre. She is 31 and has been teaching for seven years after graduating from Northern Montana College and having received her masters degree at Montana State University. She sums up her teaching philosophy and program this way:

"To me, a successful elementary physical education program is one that allows for many and varied movement experiences and focuses on the successes of each student. Activities are structured to promote success and eliminate failure. A child who leaves the elementary school physical education program with; 1) skills and knowledges in many physically-related areas, 2) at least a satisfactory fitness level and 3) thousands of successful experiences will have a better chance of continuing an active lifestyle and maintaining his fitness level throughout life. Negative experience and lack of preparatory knowledge in the areas of physical fitness, health and skill development can insure poor attitudes about the physical self.

The recreational running program at Sunnyside has been very successful during the last four years. Its purposes are to promote cardiovascular fitness through a fun, social activity and to promote success and interest in local fun runs. In the last three fun runs there has been a total of 141 runners from Sunnyside School - four were kindergarteners. Those runners who accumulated over 100 miles of running at recess time in a single school year were given special awards at the year end and assembly.

A need for more lifetime sports in our program prompted me to write a program for and get cross-country skiing added to our curriculum at the elementary level. The unit has been very popular. Our only setback has been the inconsistent snow.

Our jump rope teams in Havre have just begun practicing this fall so as of yet we haven't performed but the potential is there. This was a natural outgrowth of the Jump Rope for Heart which has been such a success in our district. The main objective of the team is to get as many children as possible involved in rope jumping and performing. It is an optional activity open to grades K-6. The fun atmosphere helps the children want to jump and participate. The rewards of increased skill, success and perforning will, hopefully, keep jumpers interested and will give lots of positive public relations to our physical education program and schools. After Christmas we have an "All-Sunnyside" jump rope performance open to any child enrolled at Sunnyside. The only requirement is a desire to jump rope at the half time of a high school basketball game.

We have had great success with roller skating in grades 3-6 also. We used strap-on skates with hard rubber wheels and skated right in our gyms.

Since I began fitness stations four years ago, my students have increased greatly in their fitness levels. We spend 3-5 minutes at the beginning of each 20 minute daily period working at stations. The eight stations are running, rope jumping, push-ups, broad jumps, rope climb, sit ups, rebounder and pullups/flexed arm hang. The students even set goals for themselves and review them periodically This has gotten them more directly involved in the fitness building process.

Several years ago, I started introducing basic juggling and many students have been somewhat successful, even at the 1st grade level.

The Bicyclist Training Program is an important part of our 4th grade curriculum.

Physical education teachers in our district are involved in the ME-ME Drug Prevention Program. This program focuses on positive image building, decision making, attitudes and information.

6th graders each year get involved in learning backpack skills. Overnight trips are a part of the recreation program for those who wish to apply the skills.

Northern Montana College has invited us to experience their climbing wall. It was built to stimulate rock climbing. For two years 6th graders have had this opportunity. The success and positive feelings the students have gained is really amazing. In my opinion, it is one of the best experiences kids can have.

Orienteering is a well established unit in our 5th grade curriculum. Even parents and teachers get involved when we go on field trips."

CONGRATULATIONS to Kathleen Haberstroh for her efforts in STRIVING FOR EXCELLENCE.

PLEASE HELP MAHPERD IDENTIFY AND RECOGNIZE the outstanding educators and programs in our field across Montana. If you know someone or have a colleague whom you feel is an outstanding educator or has a unique program, please send in a nomination to the PEPI Coordinator.

THIRD ANNUAL MAHPERD SNOW FLAKEOUT
Cross Cut Touring Center - Bridger Bowl Ski Area
Bozeman, Montana 59715

The Third Annual Snow Flakeout will be held at the Cross Cut Touring Center and Bridger Bowl Ski Area, Saturday and Sunday, February 25-26. Both areas are located 15 miles from Bozeman off the Bridger Canyon Road. The Cross Cut Ranch is located just off the connecting road to Bridger Bowl. Watch for signs.

The recreation workshop is designed to offer opportunities for all skill levels in both cross-country and downhill skiing, socialize with other MAHPERD members for an exchange of experiences and to provide ideas for organizing winter sports in the school situation.

Your committee has been fortunate in being able to put together a program which offers a wide variety of selections at 1/3 to 1/2 off regularly charged rates (see costs listed under the program). Members will be required to make their own reservations at motels. This should be done well in advance.

As at all our workshops and conventions, this program is for the service and benefit of MAHPERD members. For this workshop, spouses of members will be included and are required to pay the registration fee. MAHPERD memberships will be available at the registration desk. Pre-registration would be of great help in preparing for your arrival. Do it today or at least by tomorrow!

Your Board is looking forward to an outstanding weekend. Be sure to be part of it!

- HERB AGOCS, Flakeout Chairman

MAHPERD SNOW FLAKEOUT PROGRAM
February 25-26, 1983

SATURDAY - February 25	
8:30 - 12 Noon	Registration and Check-In - Cross Cut Main Lodge. Follow signs on Bridger Bowl access road. Coffee, rolls available. Skiing available following registration.
9:00 A.M.	Lift Open - Bridger Bowl. Trails Open - Cross Cut Touring
10:00 A.M.	Group Lessons - Cross-country, sign up at desk
10:15 A.M.	Group Lessons - Alpine, sign up at ski school desk, Main Chalet
2:00 P.M.	Downhill - Choice of: a. Free skiing (no lessons or clinics) b. Regular ski school c. Compatible groups (up to 10 students) anytime; free skiing to follow (2 hour lesson)
4:30-6:00 P.M.	No-Host Happy Hour - Little John's, 515 West Aspen. Turn east on West Aspen off North 7th Avenue at Village Inn Pizza.
6:00 P.M.	Chili Dinner - Little John's
7:00 - ?	Socializing, live music, open bar - Little John's. Wear your stompin' boots.
SUNDAY - February 26	
9:00 A.M.	Lifts and Trails Open
10:00 A.M.	Cross-Country - Open skiing or continuation of lessons Downhill - Free skiing, continuation of classes, Star Test

REMAINDER OF DAY OPEN FOR HONING SKILLS

FEES, RATES, AND PACKAGES AVAILABLE

(MAHPERD MEMBERS)

Preregistration fee - prior to Feb. 22	$6.00 (includes chili feed)
after Feb. 22	7.00
Cross Country MAHPERD Special	
Trail fee	2.00
Group lessons	6.00 per lesson
Ski, boots, pole rental	4.00 per day
Downhill MAHPERD Special	
Lift fee for two (2) days	13.00
Skis, boots, pole rental (Roundhouse Ski Shop)	5.00 per day
Two (2) lessons Sat. - 10:00 or 2:00 PM, Sun. 10:00 AM Compatible groups any hour (up to 10 students)	10.00 (2 hrs. if 5 or more; 1 hr. if less 30.00 per group (2 hr. lesson)
Star Test This is an internationally acclaimed competency based test at three levels of difficulty; Bronze (beginner), Silver (intermediate), Gold (advanced). Tests are given to groups only at specified times not available at this printing, on Saturday and/or Sunday	3.00 per person
Private lessons and tours available on request	

REGISTRATION
MAHPERD SNOW FLAKEOUT

Name _____ Phone _____
Last First

Address _____
Street City Zip

Enclosing $6.00 registration fee /_/

Enclosing $3.00 for current MAHPERD membership /_/

I am a current MAHPERD member /_/

I am interested in Cross country /_/ Downhill /_/
lessons /_/ lessons /_/
equipment /_/ equipment /_/

Return registration form and/or inquiries to: Herb Agocs, HPER Department
Montana State University
Bozeman, MT 59717

- MAHPERD JUMP ROPE FOR HEART -
Montana Heart Association

JUMP ROPE FOR HEART

"N O T J U S T A F U N D R A I S E R"

Dear Colleague:

With the JUMP ROPE FOR HEART event soon to begin for most schools, there are several things that may be of interest to you. Generally, the project takes place during the month of February "Heart Month" or the week of March 1-7 "National Physical Education and Sports Week." With that in mind registration forms need to be sent soon, as it takes approximately six weeks to receive your sponsor warm-up suit and other materials needed for the jump.

Your school may have more than one sponsor to help with the project. You may want to include other organized groups of students and their leaders to help sponsor the project. Students need to be involved and experience a community service project such as the JUMP ROPE FOR HEART.

The benefits they receive, as well as the sponsors, are numerous. Students from all levels of physical ability can have fun participating and feel good about themselves for their involvement in such an event. The educational aspect of the jump is most valuable to the students, community and our curriculum. It is an opportunity to stress the importance of cardiovascualr fitness and develop a life-long fitness program for our students. The funds from the project go into educational materials and for cardiovascular research.

If you are having some difficulty in starting a program in your community or school, these ideas may be of help to you.

1. Check with your school board for their policy on this type of project held in the schools.
   - A. IF THEY SAY NO:
     1. Find out what NO means.
     2. It may be that you cannot use the schools as a facility.
     3. Or hold it on school time.
     4. Or the school may not sponsor the event.
   - B. ALTERNATE PLANS MAY BE:
     1. Hospital Sponsored
     2. Girl Scout/Boy Scout
     3. Recreation Department
     4. Set Up Jump Rope Task Force of Community Volunteers
     5. Civic Group Sponsorship
     6. Local Corporation Sponsorship
     7. Insurance Companies Sponsorship

2. Use community celebrities to help promote the project.
   - A. Media People
   - B. Athletes
   - C. Politicians
   - D. Physicians
   - E. Community Health People
   - F. Fitness Club Specialist

3. Demonstration teams can be a great tool to promote JRFH.
   - A. They may perform for school assemblies and half time at games.
   - B. They can help promote our physical education, health and sports programs.

4. If a facility is not available in your school:
   - A. Check other local facilities such as:
     1. College Gyms
     2. Health Clubs
     3. Shopping Centers
     4. Church Facilities
     5. Community Hall

5. If in a rural area:
   - A. You may want to combine other surrounding schools with your jump and double your fun.

I hope some of these suggestions may help you get a JUMP ROPE FOR HEART project started with your students and community.

A poem written especially for the JRFH Project says it all:

Jump Rope For Your Heart! Please don't neglect it.
The heart is a muscle, so work it - respect it;
Give it some stress (but not too much),
Some vigorous involvement like Double Dutch.

Jump Rope For Your Heart! A little each day;
Your heart wants to work in a POSITIVE way.
It needs no chemicals, nicotine nor pills;
Get addicted to wellness and freedom from ills.

Jump Rope For Your Heart! Your lungs say you should,
Out goes the bad air and in comes the good.
Breathe deeply then sweetly turn breath into song;
No fret if you sweat 'cause it won't last long.

Jump Rope For Your Heart! Jump with a beat.
The concept is right - the action neat.
A rhythmical heart has a steady thump;
Off-your-seat on your feet and jump - jump - jump.

-Ambrose E. Brazelton

Please send your inquiries about the project to the Montana Heart Association at 510 First Avenue North, Great Falls, MT 59401; or call 452-2362. If I may be of any assistance to you, please contact me by calling these telephone numbers: (Work: 442-4101 or Home: 492-7766).

ENJOY YOUR JUMP!

DIANNE CROMER, MAHPERD JRFH COORDINATOR

WHAT

The vehicle for helping to create these public education opportunities is the JUMP ROPE FOR HEART. The target date is March 1-7 during National Physical Education and Sport Week, but any date and time which fits into the school's schedule is acceptable. It can be held in your own school gym or any other available facility such as local shopping centers. The event is sponsored by the AAHPERD to benefit the American Heart Association.

WHY

JUMP ROPE FOR HEART will help promote physical education through cardiovascular fitness. This state-wide event will be held nationwide as a vehicle for creating media interest in physical education programs offered at your school. Jumping rope is only one of many life-long conditioning exercises which should be started in childhood and carried through to adulthood. Having a large number of schools participating throughout the state will stimulate support of newspaper articles. The AAHPERD sponsorship and philosophy will be foremost in all press coverage. Celebrities and local sports figures who jump rope to stay in "shape" will be utilized to secure more media support.

WHO

Through a united effort, it is hoped that the majority of elementary, junior high and high schools will participate. With your support and school participation, you can help insure success in this unique public education program. This is the only nationwide event of its kind promoting physical education and cardiovascular fitness. Last year, over 1 million students in all states participated in the event, representing thousands of schools in the U.S. and Puerto Rico. The fact that the event will also raise funds to help fight heart disease and stroke, the Nation's Number One Killer, will gain wider media coverage.

Teachers have an opportunity to generate enthusiastic support and interest among students and parents alike. Enthusiasm through teacher involvement is the secret to making this event successful. Team spirit should be encouraged by teachers who play a vital role in motivating the students. Join the fun and help make the AAHPERD public education event a smashing success.

HOW

At each participating school, a school coordinator can enlist the aid of other physical education or classroom teachers to help administer the JUMP ROPE FOR HEART. Briefly, the JUMP ROPE FOR HEART is a three-hour event in which participants will jump as members of 6-person teams. Each team member will jump until tiring and then pass the rope to another team member. The sequence is repeated for a maximum of three hours.

Each team member will secure pledges in advance on each minute their *team* hopes to jump. Again, emphasis is on team performance not on the individual student.

PRIZES

The school coordinator receives a warm-up suit and all teacher assistants receive T-shirts.

Each *person who* turns in $200 or more in contributions will receive warm-up suits imprinted with a specially designed JUMP ROPE FOR HEART logo.

Each *student* who turns in $100 or more in contributions will receive a windbreaker imprinted with a JUMP ROPE FOR HEART logo.

Jumpers who collect $50 or more in contributions will receive a JUMP ROPE FOR HEART gym bag.

Special JUMP ROPE T-shirts will be given to each person turning in $25 or more in pledges.

All *students* who turn in their contributions by the turn-in date will receive a JUMP ROPE FOR HEART patch in recognition of their efforts.

Everyone who jumps will receive a special certificate of appreciation from the local Heart Association. These will be given out following the event.

FOR MORE INFORMATION

JUMP ROPE FOR HEART

American Heart Association

SPECIAL ANNOUNCEMENT

PHYSICAL MANAGEMENT WORKSHOP
March 4-5-6
Butte, Montana

The Office of Public Instruction will sponsor a Physical Management Workshop for home economics, physical education or other interested teachers, counselors, administrators and school foods personnel in Butte, March 4-6, 1984.

This workshop will cover such points as:

- Starting a program for overweight kids in the school district
- Fitness
- Exercise
- Diet/Nutrition
- Behavioral Modification/Self Concept

*****The Office of Public Instruction will provide all workshop materials FREE of charge and in addition will PAY for substitute teachers for those teachers attending! The teacher or school district will be expected to pay for their own travel and per diem. There will be no charges for the workshop itself.

REGISTRATION DEADLINE: February 20, 1984

Enrollment is limited so register early to ensure a spot.

NAME _____ Phone: (work)_____
(home)_____

SCHOOL: _____

ADDRESS: _____

SUBJECT TAUGHT OR POSITION: _____

Detach and mail to: Ann Ferguson
Nutrition Education Specialist
OPI, Capitol Building
Helena, Montana 59620

Past Honor Award Recipients

1983		
Dave Oberly	Billings	
1982		
Lanny Fred	Missoula	
Jim Dutcher	Billings	
1981		
Gary Evans	Bozeman	Physical Education & Administration
Kay Brown	Bozeman	Physical Education
1980		
John Harasymczuk	Miles City	Physical Education, Athletics
1979		
Harold Alterowitz	Billings	Physical Education & Administration
Eleanor Buzalsky	Bozeman	Physical Education & Athletics
1978		
Betty Faurot	Missoula	Dance, Health Education
Dorothy Kennemer	Bozeman	Dance, Recreation & Aquatics
Clara Smith	Cut Bank	Physical Education & Athletics
1977		
Charles Hertler	Missoula	Physical Education
Marga Hosaeus	Bozeman	Administration & Physical Education
Frank Reich	Bozeman	Administration & Elementary Physical Education
Bob Williamson	Billings	Elementary Physical Education

Past Service Award Recipients

1982		
Carol Ogle	Helena (OPI)	Health & P.E.
1980		
Bob Bird	Helena	Montana Department of Fish, Wildlife & Parks
Vince Yannone	Helena	Montana Department of Fish, Wildlife & Parks

Past Presidents of MAHPERD

1982-83	Herb Agocs	Bozeman
1981-82	Emilee DeKam	Helena
1980-81	Spencer Sartorius	Helena
1979-80	Patti Wetzel	Laurel
1978-79	Dave Oberly	Billings
1977-78	Helen Chrest	Helena
1976-77	John Dayries	Missoula
1975-76	Ellen Kreighbaum	Bozeman
1974-75	Bob Williamson	Billings
1973-74	Jeri Stoos	Helena
1972-73	Gary Evans	Bozeman
1971-72	Jude Gleason	Helena
1970-71	Woody Hahn	Billings
1969-70	Ruth Wendleberg	Miles City
1968-69	George Shroyer	Bozeman
1967-68	Bette Lowery	Billings
1966-67	Frank Reich	Missoula
1965-66	Mavis Lorenz	Missoula
1964-65	Jim Dutcher	Billings
1963-64	Jim Dutcher	Billings
1962-63	Agnes Stoodley	Missoula
1961-62	Kenneth Fowell	Great Falls
1960-61	Tom Eaton	Worden
1959-60	Marian Drew	Gardiner
1958-59	Eleanor Buzalsky	Bozeman
1957-58	Keith Bowen	Bozeman

PROJECT ADVENTURE WORKSHOP
Helena High School
1300 Billings Avenue
Helena, Montana

June 17-22, 1984

DATE: June 17-22, 1984

LOCATION: The workshop will be conducted in and around Helena High School.

COURSE DESCRIPTION AND PROGRAM: The program involves initiative games, outdoor activities and a ropes course apparatus that can be constructed by teachers and students. A wide variety of activities will be taken from Project Adventure to acquaint teachers with various types of problem-solving initiative games which are specifically designed to teach students about themselves, friendship and group support. The program is designed to build trust, self-esteem and camaraderie among students. It represents a combination of Outward Bound techniques and philosophy with a humanistic group approach to learning and teaching.

COST: The cost of the workshop is $185 for each participant which includes all meals, lodging and workshop materials.

CREDIT: This workshop is available for two (2) credits through Western Montana College. There is an additional charge for those desiring credit and will be taken care of at the opening meeting.

DEPOSIT: A deposit of $50 (which is non-refundable) is due by May 1, 1984.

PARTICIPATING ORGANIZATIONS: Office of Public Instruction, Western Montana College, Montana Association for Health, Physical Education, Recreation and Dance, Helena High School, Project Adventure and the Department of Military Affairs.

(Project Adventure Workshop)

PRE-REGISTRATION FORM

NAME _____ TELEPHONE _____

TEACHING AREA _____

ADDRESS _____

DEPOSIT ENCLOSED: _____ MAKE CHECKS PAYABLE TO: MAHPERD

MAIL THIS TO: ROBERT DOCKTOR
HELENA HIGH SCHOOL
1300 BILLINGS AVE
HELENA, MT 59601

ENROLLMENT IS LIMITED TO 16, SO PLEASE SEND IN YOUR REGISTRATION EARLY!!!!!!!!!!

Computer Conference

MICRO-COMPUTERS IN PHYSICAL EDUCATION & HEALTH

A two-day workshop to acquaint practicing teachers with micro-computers and some basic grading and testing programs that are simple and efficient methods to assist them in their day-to-day functions, using machines that are available in most schools in Montana.

Target: Elementary and High School Physical Education Teachers

Level: Introduction and Awareness

Date: May 11 and 12, 1984 (Friday and Saturday)

Time: 1:00-8:30 p.m. May 11
8:00a.m.-12:30p.m. May 12

Location: Rocky Mountain College, Billings, MT

Credit: CEU's 1.2 hrs.

Fees: $55 (includes dinner Friday night and breakfast Saturday morning)

Housing: Limited housing available Friday and Saturday night in dormitory guest rooms (private bath). $8 per person double occupancy/night $16 single/night.

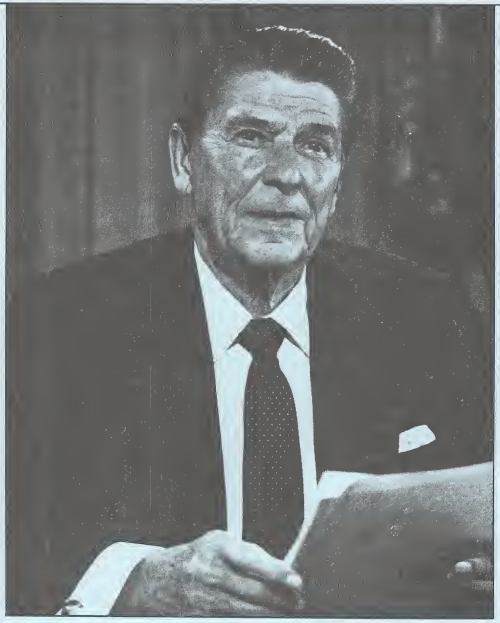
Registration: Contact: Continuing Education
Rocky Mountain College
1511 Poly Drive
Billings, MT 59102

Call: 657-1041 to register or for more information

Topics: Literacy - Common terminology, hardware architecture, and how it relates to a system, software systems and their design.

Resources- Evaluating what and how to access machines and software.

Applications- Grade book programs, measurement and evaluation of test scores, building test banks, using word processing and text editors, writing tests, construction,scoring and comparing skill test, pre and post.



"I'd like to see every young American win the President's Fitness Award."

"How about *your* son or daughter?"

Make sure they give the President's physical fitness test in *your* schools.
For information write Fitness, Washington, DC 20001

President's Council on Physical Fitness and Sports.

Regan Calls Fitness a "National Priority"

Indianapolis—President Regan called physical fitness a "national priority" in an address to a meeting of the U.S. Fitness Academy today here by telephone.

Speaking to more than 100 representatives of health and fitness organizations, the president commended the establishment of the academy here as long overdue.

Addressing George Allen, chairman of The President's Council on Physical Fitness and Sports and coach of the Chicago Blitz of the United States Football League, Reagan said, "Congratulations, coach. I've been looking forward to this. I want to commend your efforts on behalf of all Americans in establishing this academy. I want to express my appreciation to the members of the council.

"Physical fitness is a national priority, and this academy is a vehicle for achieving that," said the president.

In January, the President's Council on Physical Fitness and Sports decided to strengthen America's commitment to fitness by creating the academy and the National Fitness Foundation, a nonprofit group and the academy's primary sponsor.

The academy intends to train fitness leaders from around the country, sponsor research of fitness programs and equipment and be a reliable center for information on exercise, nutrition and health.

(Independent Record, September 1983)

NASPE Physical Education Justification Project Gets Underway— Vern Seefeldt to Direct

Identified as NASPE's highest priority, the Physical Education Justification Repository is being developed cooperatively by NASPE and the President's Council on Physical Fitness and Sports. Dr. Vern Seefeldt, Director of the Institute for the Study of Youth Sports at Michigan State University, will direct the project for NASPE. He met in Washington D.C. in mid-October with the NASPE staff and the President's Council to formulate immediate and long-range plans for developing a packet of justification materials.

The Physical Education Justification Packet will be most helpful in "saving" physical education programs at all levels. It will consist of documented research, project and survey results and statements relative to the importance of physical education in the daily lives of students. It will be in a form that will be easily understood by parents, school board members, school district administrators and other interested public. Any NASPE members who have justification materials and have not yet submitted them are urged to send them to Dr. Vern Seefeldt, Institute for the Study of Youth Sports, Michigan State University, Room 213, Women's Intramural Building, East Lansing, MI 48824.

Department of Defense Supports Physical Education as Essential

The Department of Defense Committee for Physical Fitness has recognized the decline in physical performance among the country's school children and gone on the record in support of physical education and training as an essential school subject. The DOD panel statement follows:

School Subject for a Strong Nation:

WHEREAS, the lack of physical fitness among the population of this Nation results in an alarming waste of human and financial resources; and WHEREAS, substantial evidence supports the belief that serious, chronic health problems, such as cardiovascular and low back disabilities, may begin in childhood and adolescence; and WHEREAS, studies have shown that a relationship exists between quality physical activity habits of adults; and WHEREAS, the armed forces are very concerned for the level of physical fitness of young recruits. THEREFORE be it resolved that the Department of Defense Committee for Physical Fitness strongly urges all school districts to have daily physical education for all children to effect linkage to ongoing health education programs. In addition, the Department of Defense Committee recommends that schools emphasize the following areas in physical education:

1. The attainment of an optimal level of physical fitness by all pupils.
2. Identification of the physically underdeveloped pupil and provision for appropriate, progressive, developmental physical activities to correct this condition.
3. Strong encouragement for schools and youth to strive for the Presidential Physical Fitness Award and to support programs similar to the "Fitnessgram."

(NASPE News, October 1983)

Warm up for the OLYMPIC GAMES

with the

NORTHWEST DISTRICT AAHPERD 1984 CONVENTION

in

EUGENE, OREGON

University of Oregon

JULY 21, 22, 23

SPECIAL OPPORTUNITIES FOR DISTRICT MEMBERS

Because the Northwest District is holding this year's Convention in conjunction with the Olympic Scientific Congress, AAHPERD members will have access to an outstanding District program plus several unique professional opportunities. For the $35.00 registration fee, members will be able to attend District Convention meetings and the following special events at no extra charge:

An International Health Fair, with over 200 exhibits dealing with new approaches to health care, updated sources of information about health education and services, and techniques for communcating with the public about health issues.

A Commercial and Scientific Products Exposition, including a model laboratory for the study of sport and human performance, displays of the most modern technological andvances in sport science, and a directory of individuals and companies involved in the marketing of sport-related equipment.

Two Keynote Speeches on the future of sport and athletics, delivered on separate evenings by prominent sporting figures.

NORTHWEST DISTRICT CONVENTION PACKAGE $35

Beginning on the evening of July 21 with a Keynote address, the Northwest District Convention will continue with programs through the afternoon of July 23. The Convention's sessions deal with topics related to:

Teacher and Coach Burnout
Adapted Physical Education
Ethics in Sport and Physical Education
Outdoor Adventures and Recreation Activities

and, as a special feature

A Microcomputer Workshop to give District Members the opportunity for some hands-on experience with software in physical Education and Athletics.

Although the idea of a convention in July may be a break in our traditional pattern of Spring meetings, the unusual professional circumstances that will surround the Olympic Scientific Congress are well worth your serious consideration. The Oregon area is beautiful in the summer. Eugene is located 50 miles from the dramatic Oregon coast and 65 miles from the majestic Cascades. Working summer vacation plans around your trip to the Convention not only makes sense from a tax deduction point of view, but it should afford you a rare opportunity to encounter the profession on an international level.

OLYMPIC SCIENTIFIC CONGRESS PACKAGE $165

The entire Olympic Scientific Congress will run for one week, July 19 - July 26. For a registration fee of $165, individuals will be able to go to any Congress meeting held during the week. Access will be available to such meetings as:

FIMS Symposium on Sports Medicine
CASS Symposium on the Training and Preparation of Elite Athletes
International Symposium on the Scientific Aspects of Dance
Philosophic Society for the Study of Sport
North American Society for the Psychology of Sport and Physical Activity
International Society for Sport Psychology
International Committee for the Sociology of Sport.

Your $165 registration would include your registration for the Northwest District.

Please write if you would like more information. The specific Northwest District Program outline and advanced registration forms will be sent to you in early March, 1984.

Elizabeth S. Bressan, Ph.D.
NW District Convention Manager
College of Human Development and Performance
University of Oregon
Eugene, Oregon 97403

COLLEGE OF HUMAN DEVELOPMENT
AND PERFORMANCE
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University of Oregon
Eugene, Oregon 97403

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"CHALLENGE TO PHYSICAL EDUCATORS"
by Bob Docktor

The report of the National Commission on Excellence in Education generally has been well received. Virtually, the only negative notes have been sounded by members of the education establishment who regard the report as an indictment of their leadership. Most Americans readily acknowledge the need for higher standards and more rigorous courses of study, and they would seem to be receptive to efforts to reverse a 20 year decline in academic performance.

Most physical educators undoubtedly are among those who welcome the Commission's recommendations. Some of the proposals such as those for longer school days and years could prove to be a real boon to physical education. Nevertheless, physical educators should be aware that the proposals carry some risk for them and their programs.

Few news accounts even mention physical education. When they do, it usually is to lament the fact that courses in physical education count toward credit for graduation and to cite this circumstance as evidence to the trivialization of academic requirements.

Many of those proposing reforms in education believe that physical education is irrelevant, or even that it is an impediment to achievement of their goals. It is not one of the subjects on their list of "the new basics." This is nothing new! Physical education, traditionally, has been one of the subjects that suffers cutbacks or elimination when it is decided that more resources must be shifted to academic subjects. One of the physical educators major weaknesses always has been its inability to justify or sell itself. There are many reasons for this but the most telling may be the failure to agree on a simple, clearcut set of priorities that the public understands and appreciates.

A lot of thought has been given as to how physical education can avoid being left out again. One answer is to convince the public that lasting academic progress must rest on a solid foundation of physical fitness. The research evidence is on our side. People have believed since its inception that physical education is an essential element of a well-rounded education. People still believe it, and we invite you to join in converting the non-believers. There will never be a better time.

(Adopted from a commentary "Challenge to Physical Educators" Journal, the official publication of Massachusetts Association for HPERD, Vol. XXI, No. 1, Fall 1983.)

CONFUSION BETWEEN PHYSICAL EDUCATION AND ATHLETICS

"Are you with the high school?" asked the merchant.
"Yes" answered the instructor.
"What department?"
"Physical education!"
"Oh, what do you coach?"
"Well, I don't coach."
"Ooooh-----" the confused merchant.

POSITION ANNOUNCEMENT

DEPARTMENT HEAD, HEALTH, PHYSICAL EDUCATION AND RECREATION, MONTANA STATE UNIVERSITY. Qualifications: Earned doctorate, minimum of three years teaching and/or administrative experience in HPER at college level, and demonstrated ability in teaching and research/creativity. Previous experience in college level administration and seeking outside support and obtaining grants desirable. Salary: $35,000-$40,000 for fiscal year. Starting date: July 1, 1984. Send letter of application, resume (including list of specific courses taught), official transcripts of all course work completed and three letters of reference specific to qualifications for position. Letter of application and resume must be received or postmarked by February 29, 1984. Send all information and/or requests for additional information to: Dr. Gloria A. Gregg, Chairperson, Search Committee, 250 Reid Hall, MSU, Bozeman, MT 59717. MSU is an equal opportunity/affirmative action employer.

MEMBERSHIP

Your strong professional association is more important than ever before in retaining and/or maintaining programs in health, physical education, recreation and dance. Your association is your voice in the political arena; it is your avenue to keeping abreast of new trends, ideas, and techniques in the field; it is your opportunity to share professional experiences with your colleagues; it is your way to be truly professional; it is your way to be of help.

MAHPERD has committed itself to providing increased services to members. Your officers and special committees fought the battle to retain the law requiring physical education in the public schools and to keep in force the regulation of the Board of Public Education governing the conduct of physical education in the public schools.

We have a responsibility to educate the public, to understand and appreciate the importance and value of health, physical education, recreation and dance. In short, we feel that it's time for a rebirth of our association to set its leadership role, not only by example, but by actually promoting it throughout the state. We can no longer sit back and wait for others to do it for us, we must be successful, and we hope that each of you will work hard this year to earn that success with us.

COMPLETE THE FORM INCLUDED IN THIS MAILOUT, OR IF YOU ALREADY ARE A MEMBER, PASS IT ON TO ANOTHER STAFF MEMBER OR COLLEAGUE.

What is MAHPERD?

MAHPERD is an association of Montana teachers, administrators, coaches and students involved in health education, physical education, recreation, dance, athletics, intramurals, adapted programs and related areas.

Who joins MAHPERD?

Elementary, secondary and university teachers and administrators join MAHPERD as well as community recreation and dance personnel.

How is MAHPERD organized?

MAHPERD is headed by a President, elected annually, and an Executive Board made up of and elected by its membership. MAHPERD's strength is in its membership and in the strong leadership its members provide.

When does MAHPERD meet?

MAHPERD meets in conjunction with its annual state convention in the fall. The state convention provides the very best possible workshop sessions available in Montana. The Executive Board meets periodically at other times during the year to carry on association business.

Why join MAHPERD?

—Hosts Annual State Convention

—Sponsors workshops for teachers

—Prints and distributes **MAHPERD Journal**

—Sponsors annual "Jump Rope for Heart" with Montana Heart Association

—Presents Honor Awards to outstanding members

—Presents service awards to organizations making contributions to the profession

—Gives members a unified voice and representation

—Provides a method of communication statewide

—Provides teachers and schools with promotional ideas and information for health and physical education

—Promotes Montana Physical Education and Sports Week

—Coordinates activities between the national association, northwest district and the state

—Represents membership in educational matters involving the state Legislature and State Board of Education

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Montana Association for Health, Physical Education, Recreation and Dance

Membership Application Form

Mr.
Ms._____ _____

(Print) Last First Middle Initial Home Phone Business Phone

Home Address: _____

Street City State Zip Code

Business Address: _____

School or Agency City State Zip Code

Type of Membership (check one): Professional _____ ($5) Student_____ ($3)

Make check payable to: MAHPERD

Detach and mail to: Helen Chrest, MAHPERD Treasurer, Box 179, East Helena, MT 59635.